

# **A Study on Happiness and Resilience with the Reference to the Professional Students of Higher Education: A Thematical Analysis**

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## **ABSTRACT**

*Happiness and resilience are important for the social, emotional, physical, and mental health of every profession. It is positively associated with resilience. This paper examines student perspectives on the different professions of higher education and qualitatively analyses the association between happiness and resilience with reference to the nine main themes based on happiness and resilience and discusses further recommendations. Obtaining perspectives of students on different professions on the meaning of resilience, the meaning of happiness, their happiness, and resilience, the relationship between happiness and resilience, experiences when they feel resilient, how their resilience led to their happiness, and positive skills developed by being resilient and happiness are helpful in your life. 10 students of different professions were interviewed for this study. The thematic study was conducted to identify and analyze various themes within the questionnaire. Understanding resilience development in the profession of higher education can aid in creating effective interventions, potentially increasing their well-being and happiness. Findings evidence that these themes provide a new conceptual lens to theorize and conduct research into the different professions.*

## Introduction

According to **Lyubomirsky, Sheldon, & Schkade, (2005)**, Happy people seem to flourish more internally and externally. While we can identify happiness in ourselves or in others, defining happiness is more challenging. What exactly is happiness? Happiness is defined as “frequent positive affect, high life satisfaction, and infrequent Cohn, Fredrickson, Brown, Mikels, & Conway, (2009) suggested that happy people become more satisfied not simply because they feel better, but because they develop resources for living well. The use of several mood-boosting “exercises” helped to relieve symptoms of depression research using happiness-enhancing strategies with a clinical population has shown. (Seligman et al., 2005, 2006). For participants’ positive psychology resilience is very important. Students with high resilience are happier and more satisfied with their lives (Aboalshamat, Alsiyud, Al-Sayed 2018) career resilience contributes to employee subjective well-being and happiness. (Jade) Han, Chaudhury, and Sears (2019) reported that career resilience donates to workers’ subjective well-being and that both career success and work stress are instrumental in explaining this relationship. (McCullough, Emmons, & Tsang, 2002) stated resilience development in adults yields positive effects. In adults, resilience is related to positive emotions and well-being, including the emotion of happiness. According to (Ungar, 2019; Boden, Sanders, Munford, Liebenberg & McLeod, 2016) resilience is a set of resources and characteristics that can offset the adverse effects of stress and risk exposure (Singh, Khan, & Osmany, 2014) suggest resilient positive effects on positive emotions and subjective well-being in adults, research has found that resilience has a positive relationship with health. (Emmons, 2014; Emmons & Stern, 2013) Clinical trials suggest that resilience can lower blood pressure and improve immune functions. (Seligman & Csikszentmihalyi, 2000), Resilience, therefore, seems to benefit people emotionally, physically, and socially. While resilience research with adults has exploded since 2000 with the popularization of positive psychology. There is a need for additional resilient development research in different professionals. According to Lyubomirsky et al., (2005). There have been, however, several studies that provide resilience and Happiness in professionals with great insight into resilience development. Seligman, (2011) stated Happiness is the main component of positive psychology with three subjective features—Engagement, positive emotion, and meaning. Positive emotion, engagement, relationships, meaning, and achievement are the measurable aspects that contribute to well-being (Seligman, 2011). Therefore happiness continues to play a part in positive psychology and optimal health and functioning. Resilience is a construct that is highly valued across cultures, and in most cultures, there are different ways of resilience. But, how is resilience defined? There is no single definitive definition. Resilience is defined as the ability to heal from the difficulties of life. “It’s our ability to withstand adversity and bounce back and grow despite life’s downturns,” According to Mary Holloway “Resilience is knowing that you are the only one with the power and the responsibility to pick yourself up”. Positive psychology focuses on building strengths and developing positive and creative thinking in order to boost resilience, happiness, well-being, and achievement. Happiness is important because it has been empirically found to lead to positive personal, behavioral, physical,

psychological, and social outcomes (Diener & Chan 2011; Lyubomirsky, Diener & King 2005; Veenhoven 2008) suggested that It seems to create many positive benefits. It enables people to be boosted, maintain positive mental health, and flourish in all areas of their lives. According to Jean Chatzky happiness play a part in positive psychology and optimal health and functioning. Being resilient is a critical part of healthy professional development. Resilience promotes strength, elasticity, confidence, problem-solving, positive emotion, social support, and overall subjective well-being. Even though resilience relates to happiness.

This paper aims to review current research, share new research on resilience development and happiness, specifically among different professions of higher education, and discuss future recommendations.

## **Materials and Methods**

### **Aim of study**

1. To study the happiness and resilience of different professional students and examine their perspectives.
2. To thematically analyze the association of happiness with resilience.

### **Method**

This study was a qualitative study based on structured interviews with students of the different professions of higher education. The thematic analysis was used for data analysis.

### **Participants**

The participants were 10 students of different professions of higher education 05 males and 05 females whose ages ranged from 23 to 30 years were interviewed about happiness and resilience.

### **Procedure**

The researcher purposively selected students doing professional courses and interviewed them on the basis of questionnaire on happiness and resilience. All responses were collected and developed into codes to identify the most recurrent themes. For this, the researcher used the sixth stages which are as follows:

#### **First stage: Data Familiarization**

In the first stage of this study, the researcher interviewed each participant and noted down their responses carefully. Gather all data together Then read and reread all responses to identify themes.

#### **Second Stage: Generating Initial Codes**

Identified topics and themes were completed during the second stage. Each interview transcript was re-read with initial codes added to any word, sentence, or paragraph that the researcher considered noteworthy to the overall analysis and relevant to the research scope.

#### **Third Stage: Searching for Themes**

In this stage the coded data identified from the interview transcripts were gathered together and then the codes were organized into groupings of higher-level themes. Braun and Clarke (2006) reported the development of a thematic structure to aid the generation of themes. While conducting this form of analysis, the interviewer produced a thematic structure shown in which

assisted in identifying emerging themes by linking and grouping initial codes into overall themes.

#### **Fourth Stage: Reviewing Themes**

In this stage, the researcher checked the themes and refined the thematic structure highlighting that several initial codes were now being shared with more than one theme, which illustrated to the researcher that relationships were forming between themes.

#### **Fifth Stage: Identifying and defining the most recurrent themes**

In this stage detailed analysis of each theme and working out the scope, focus, and real meaning of each. The final naming of each piece was completed with consideration made to names that would convey an immediate understanding of a theme's reasoning and relevance to the research scope.

#### **Sixth Stage: Producing the Report**

The last stage involved incorporating together the analytic narrative and data facts and contextualizing. This involved selecting quotes from the interview transcripts that were poignant and most represented the research findings. By using thematic analysis, the researcher was able to link the various concepts and opinions of the participants.

#### **Results**

Initial codes were identified during the second stage of the thematic analysis of the interview questions. On the basis of nine main themes twenty-seven most recurrent and twenty-seven the least recurrent themes were identified in the collation of the initial codes of the data.

**The table is showing most and least recurrent themes based on nine main themes of happiness and resilience**

Sr. no.	Themes	Most recurring theme	Least recurring theme
1	Meaning of Happiness	Life Satisfaction, Mental Peace and positivity	General philosophy of life, joy and Relict
2	My Happiness	Family and Friends, satisfaction, and surroundings	Immense happiness, never care others, People around me
3	Meaning of Resilience	To quickly recover, life Challenges, Move forward	Capacity to be happy, Toughness, Flexibility
4	My resilience	Moved on, deal with stress, Find new things	Pathetic situations, Grow my resilient power, Focus on Work
5	Relation between Happiness and Resilience	Makes a healthy life, boost resilience, Happy people	Overcome tough situation, successful person, Deal with stress
6	Experiences when you	Bad experiences, Negative emotions,	An accident, Hard time, Painful

	feel resilient	New experiences	
7	Resilience led to your happiness.	Positive thinking, Growing new experiences, Boosting confidence	leaving bad thoughts, coping skills, Accepting challenges
8	Positive skills developed by being resilient and happy	Positive outlook, Capacity to recover, Sense of maturity	Real meaning of life, Forbearable, Mindfulness
9	Resilience, and happiness are helpful in life.	Believing in yourself, adverse situations calmly, and Bringing positivity	Adaptable, decisive, and control of emotions.

### Most prominent recurrent themes on Happiness and Resilience

- |                       |                          |                             |
|-----------------------|--------------------------|-----------------------------|
| 1. Life Satisfaction  | 2. State of mind         | 3. positivity               |
| 4. Family and Friends | 5. Move forward          | 6. Capacity to recover      |
| 7. Healthy lifestyle  | 8. Find new things       | 9. Deal with stress         |
| 10. Boost Confidence  | 11. Bad experiences      | 12. Negative Emotions       |
| 13. Sense of maturity | 14. Grow new experiences | 15. Develop Positive skills |

#### 1. Life Satisfaction

Happiness and life satisfaction are important areas within the field of positive psychology. On the first question, most of the respondents stated that life satisfaction is the main source of happiness. One stated that “I am happy in my life as I am satisfied in my life”. Next stated that I am happy because find happiness in small things and am satisfied in life”. Seeing happiness as being more emotional and life satisfaction as more cognitive in nature. According to Peterson, Park, and Seligman (2005) life satisfaction is the way to be happy through pleasure, engagement, and meaning. Each of these three intentions predicted life satisfaction.

#### 2. State of mind

Most participants said that “happiness is the mental and emotional state which includes positivity and joy used in the context of life satisfaction. Another stated “being happy is a moment that gives you calmness and peace of mind. Next stated “being happy is to be in a state of mind most probably mental peace. Happiness is about the individual state of mind, people are happy in their own ways some people are happy with small things while some want big ones. It depends on the person who can define true happiness.

#### 3. Positivity

Some participants stated that happiness is one's emotions whenever they feel satisfaction in their daily routine, positive emotions come into their mind and feel happy. One stated resilience poverty elasticity to our emotions and emotions and happiness are quite related to each other. It is a feeling of joy, pleasure, and cheerfulness. For healthy growth individual emotions are important. Another said that a balance of emotions makes a happy person. Next stated that it the

emotional state including positive or pleasant emotions leads to joy. Resilience and happiness are helpful in developing healthy emotions.

#### **4. Family and Friends**

Generally most people spend time with their family and friends so it takes an important role in every individual life. On this theme, most of the respondents stated that “being happy means having good relations with my family and friends”. One said, “I am very happy with my husband and daughter”. Whenever I spend time with my friends feel like the happiest person in the world. It means that people are happy with family and friends. On this theme, it was found that most of the people were happy with their family and their friends.

#### **5. Move forward**

Most of the participants responded that “being happy means having positive surroundings and feeling a positive vibe is to be happy. “Happiness and unhappiness are the two sides of the same coin, like ups and downs one implies the other if you never felt sad, you would never ever know when you felt happy. We can try to engage in life to be the happier side of life see-saw. Another stated that things around us that give positivity create happiness. Next said, “resilience helps to recover and rebound from challenges answered and move forward”. Another stated it avoids the hardness of life and adjustment external and internal demands”. Another said, “happiness and resilience are very helpful in moving forward in life to back difficult situations”.

#### **6. Capacity to recover**

On this theme participant responded, “It is the ability to cope easily according to the situation and the process and outcome of successfully adapting to difficult or challenging life experiences”. One said “mental, emotional and behavioral effects on ability and adjustment to external and internal demands. Another stated “flexibility is the capacity of someone who makes able to change easily and adapt to difficult situations and be resilient. Next participants respond that “resilience means to recover or adjust quickly from a difficult situation as it is very difficult to move on easily”. It is also one to visit withstand adversity and bounce back and grow in life downturns. Resilience develops a strength in an individual to face tough situations easily.

#### **7. Healthy lifestyle**

Resilience also has helped in a healthy lifestyle a person can develop physically and mentally fit and healthy. One participant stated that, through resilience, individuals can develop a healthy and peaceful mindset. Another participant stated that “resilience and happiness develop positive skills which make my health better”. Next stated that it is the mental and emotional state which includes positivity and makes a healthy life”. Thus the researcher found that resilience promoted healthy life which makes a person happy.

#### **8. Find new things**

Happiness and resilience are helpful in searching for new ways. One respondent stated, “I met with an accident and it took time to back to my normal life”. For me, it is a very difficult time and at that time I feel very resilient myself. Another said, “for a doctor profession it is very difficult to be resilient. I spend most of my time with sick people, for me, it is not easy to be happy and resilient, but I try to find new ways to be happy”.

## 9. Deal with stress

In modern times, Stress become a part of our daily routine, and it is harmful to health and emotions. One respondent stated, Resilience and happiness make a person mentally strong and makes learning to deal with stress, toughness, and hardness. It Plays an important part in making a peaceful life, happiness makes a person calm and mentally fit while resilience gives strength to face challenges and difficulties in life.

## 10. Boost Confidence

Happiness and resilience are very important in boosting confidence and making a better person it also develops a positive attitude towards life and face difficulties easily. Resnick, (2014) reported health resilience is the capacity to maintain good health in the face of significant adversity.

Gu, and day (2013) Confidence and a sense of efficacy greatly improved as a development of their good habits, even just a little bit, motivation, building confidence, and independence are the main parts of each and every person this will build confidence.

## 11. Bad Experiences

One participant said “some bad experiences make me a resilient person. Many people hurt me in the past few years including my family member and relatives. But I forgive all of them. They didn't feel sorry for that, but still, I chose to be resilient and it give me more energy to fulfill my dreams. Another stated ‘it keeps my mind calm, peaceful, and tolerant. “I believe in doing something new and being an inspiration for someone”. Happiness and resilience play an important part in making peaceful life. Happiness makes a person calm and mentally fit while resilience gives strength to face challenges and difficulties in life. This way both grows a peaceful life.

## 12. Negative emotions

On this theme responded “emotions give direction to our life, whereas positive emotions are helpful for healthy life and negative emotions have a bad effect on mental health and resilience helps to reduce negative emotions One respondent reacted to this “resilience is always helpful to overcome my negative emotions. whenever negative emotions come into my mind I think about my good time and I feel like a confident person, who finds the skill to solve any problem and hardly disappoints because they don't let me be setbacks and keep me from my progress. Another said that I “reduced my negative emotions by being resilient and it makes my life more peaceful.

## 13. Sense of maturity

On this theme, one students' responded that “resilience develops a sense of maturity and makes a responsible person for the profession. Another stated, Whenever negative emotions come into my mind I think about my good time and feel more confident which gives me maturity toward difficult situations. Next stated “I find the skill to solve any problem, and hardly disappoint because they don't let me be setbacks and keep me from my progress. Another said, I easily reduce my anxiety, negativity, and stress and feel relaxed just because of my resilience.

#### **14. Grow new experiences**

Resilience does not mean never experiencing stress for her but recovering from the situation is what makes us happy and provides new experiences towards it coping with the bad situation and thinking about a new day helps leave all the bad thoughts and led to mental peace and grow with new experiences. One stated that resilience grows some new experiences in me and makes me hardworking, give a positive outlook, and put effort.

#### **15. Develop positive skills**

Being resilient means having some skills to cope with stress, anxiety toughness, and hardness whenever someone feels anxiety and stress, by doing mistakes and taking more stress but now being resilient and being happy and learning from the previous mistakes now my life becomes very smooth and I feel happy with my I in difficult situations. Being happy and being Resilient develop skills like positive Outlook hardworking mindfulness and becoming a better person a positive one another said that by developing resilience is filled the individual also develops some like a positive attitude towards life sense of maturity and responsibility of broader vision to the real meaning of life it also boasts confidence patience and communication skills develop in me positivity facing a difficult situation in life has become easier and this positive thought has also helped me in making my health better.

#### **Discussion**

Analysis of the nine themes based on happiness and resilience responses generated the fifteen most recurrent themes: 1. Life Satisfaction 2. State of mind 3. Positivity 4. Family and Friends 5. Move forward 6. Capacity to recover 7. Healthy lifestyle 8. Find new things 9. Deal with stress 10. Boost confidence 11. Bad experiences 12. Negative Emotions 13. Sense of maturity 14. Grow new experiences 15. Develop Positive skills these themes suggest that the meaning of happiness and resilience varies from person to person. Some people search for happiness in family, friends, and relatives while some people say that things go around us give happiness. While for others it is satisfaction, state of mind, positivity, bliss, joy, and cheerfulness. Similarly, resilience participants have given their different views. It is a skill to quickly recover from a bad situation. Successfully adapt to difficult or challenging life experiences, capacity to recover from difficult life events, face the challenges of life happily and smartly to setbacks, and the ability to stand or recover from difficult situations, the mental reservoir of strength that helps people handle stress and hardship. Adjustment to external and internal demands, flexibility, adjustment, capacity to be happy, move forward, and toughness. The next was, the relationship between happiness and resilience respondent stated that happiness and resilience are close to each other. Both play an important role in healthy development. The next theme was Resilience leads to your happiness, this theme found three subthemes which are developed positivity, grows new experiences, and boosts confidence, another theme was positive skills developed by happiness and resilience, the most recurrent were found positive outlook, Capacity to recover, and Sense of maturity. Next and last was Resilience, and happiness is helpful in life, in this theme found Believing in yourself, adverse situations calmly, and Bringing positivity.



## Findings

This study emphasizes considerable crucial aspects related to happiness and resilience for different professions that are important to students of higher education.

1. After studying the perspective of students on happiness and resilience, the study found that the meaning of happiness and resilience varies from profession the and it is challenging to be happy and resilient with their profession. Although this study found new words related to happiness and resilience which give new insight. It is also found that they did not much aware of happiness and resilience.

2. After qualitatively analyzing the association between happiness and resilience the study found that both are closely related to each other, and equally necessary for a healthy and happy life.

## Conclusion

After examining student perspectives, this study highlights the relationship between happiness and resilience which creates a healthy environment for students in different professions of higher education. On the basis of these recurrent themes, it was discovered that increasing positive emotions such as happiness might be a practical short-term way to build resilience. Researchers, therefore, concluded that if a person is blessed enough to grow into the profession of higher education, taking part in a happiness and resilience one that provides a positive and accepting environment may provide the basis for increased resilience. It also highlighted life satisfaction, State of mind, positivity, and a healthy lifestyle needed for professionals' happiness, which boosts confidence, develops positive skills to deal with stress, reduces negative emotions, and the capacity to fastly recover from bad situations. It is also helpful in growing new experiences in their professions and finding new things to be happy and resilience. It is More Studies are needed to promote happiness and develop resilience in different professions.

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